

# Safety On The Road

## Driven To Distraction

*Pay attention  
100 percent, to  
avoid accidents.*

When you drive a motor vehicle, you should give this task 100 percent of your attention.

It is amazing how many drivers don't. They find other activities to keep them entertained and challenged as they try to pilot a ton of steel down a busy freeway. Sometimes the result is tragic. Serious traffic accidents have occurred because the drivers were momentarily distracted and took their attention off their driving.

**Here are some typical distractions behind the wheel. Do any of them sound familiar?**

- Trying to find a radio station or selections on your tape player.
- Fishing around in the glove compartment for something.
- Combing your hair, checking makeup in a mirror or even shaving.
- Drinking coffee, trying not to spill coffee, cleaning up spilled coffee.
- Trying to hold a hamburger together while you eat it and keep the ketchup off your shirt.

- Lighting a cigarette, fumbling for the dropped lighter or ember.
- Reading a map.
- Looking for an address.
- Dialing a cellular phone, operating a citizen's band radio or talking to someone in the vehicle.
- Disciplining restless children in the car, or feeding them snacks.
- Dodging a bee in the vehicle.
- Staring in amazement at other drivers doing these things.

*Certainly people today are rushed, and many have become accomplished at doing other things while driving. However, driving and trying to do other tasks decreases the safety of the driver and passengers, because you do not have as much control of the vehicle and you cannot drive defensively – anticipating other drivers' actions. If you have to do something that requires your attention, then pull over. Safe driving takes all of your concentration!*

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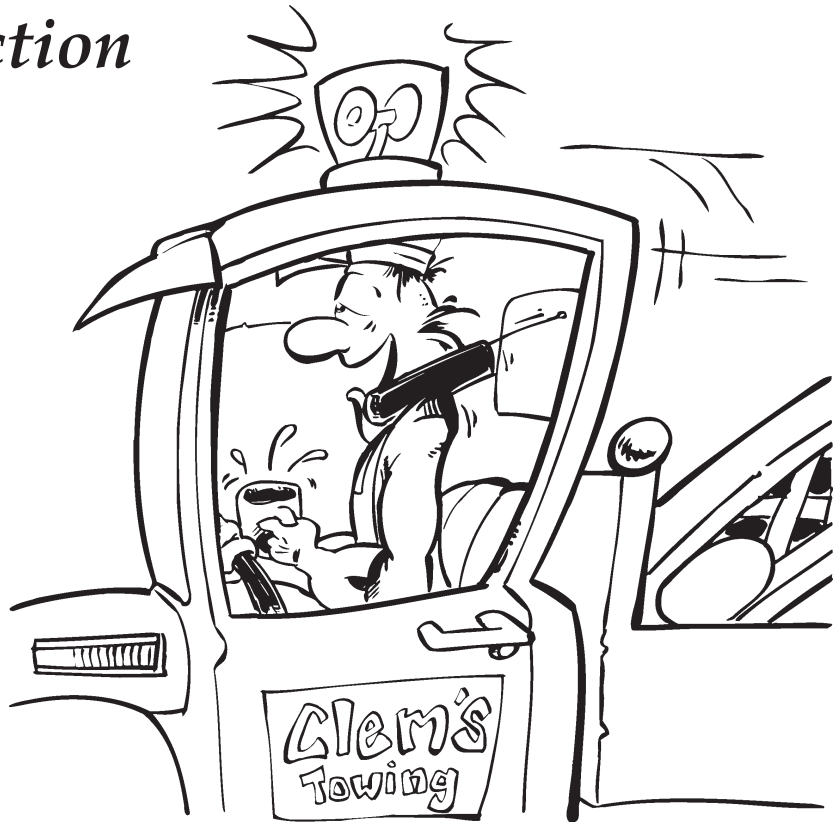
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